

Fruits & Veggies for Toddlers

Eat fruits and vegetables
with your toddler.

Children who like vegetables usually
have parents who eat vegetables.

- ♥ Offer a variety of fruits and vegetables to your 1 to 2 year old toddler. Your child is more likely to like fruits and vegetables if he eats them early in life.
- ♥ Be patient with your toddler when offering new foods. He may not like a new food when he eats it for the first time. He may need to try it 8 to 10 times before he accepts it.
- ♥ Never force your toddler to eat a food. You cannot force your toddler to like a food. No one likes to be forced to eat.

Try dark green, orange and yellow
fruits and vegetables.

Colorful fruits and vegetables
have the most nutrition.

Offer broccoli, spinach and other
leafy green vegetables.

Offer carrots, cantaloupe, oranges,
tomatoes, sweet potatoes and squash.

Potatoes are a vegetable.
However, we eat most of our potatoes as
French Fries which have very little nutrition.



Eating habits start
early in life.

Help your toddler learn
to enjoy eating a variety
of healthy foods for the
rest of his life.

Eat with your
toddler.

Pull his highchair
up to the table.
Put food in his bowl
or on his tray.
Put food on your plate.

Talk to your
toddler

while you eat your
food together.

Eat the same foods
that your toddler eats.
Your toddler learns to
like foods that he sees
you and others enjoying.



Toddler Veggies

- ♥ Baked or boiled potato – remove skin from potato. Cut potato into small cubes.
- ♥ Frozen vegetables – warm a small amount as needed.
- ♥ Steamed broccoli pieces
- ♥ Cooked spinach or collard greens – cut into small pieces.
- ♥ Baked squash or sweet potatoes

More Veggies!

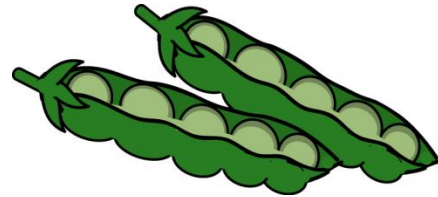
Add shredded carrots, frozen peas, chopped broccoli, cauliflower pieces, chopped spinach or green beans to:

- Soups
- Casseroles
- Stir fries
- Noodle dishes



Toddler Fruits

- ♥ Canned fruits – choose fruits canned in juice. Try canned peaches, pears and fruit cocktail.
- ♥ Mandarin oranges
- ♥ Melon – soft pieces of cantaloupe, watermelon and other melons make fun finger foods.
- ♥ Banana slices, kiwi chunks, papaya slices.
- ♥ Applesauce
- ♥ Strawberries, raspberries



Babysitters

Find a babysitter who supports breastfeeding. Ask some questions:

- ✗ Has she watched other breastfed babies?
- ✗ If she has children, were they breastfed?
- ✗ Does she have friends or relatives who breastfed their babies?
- ✗ How will she store breastmilk? Can the bottles be labeled?
- ✗ How is breastmilk warmed for feedings?
- ✗ Has she fed breastmilk or formula to other babies?
- ✗ Does she have any concerns about feeding breastmilk?

Time out for breastfeeding

Do you need to go back to work or school? You can pump breastmilk when you are away from your baby, and breastfeed your baby when you are together.

Breastfeed in the morning.

Breastfeed your baby before going to the babysitter. If you are going to work in the morning, breastfeed your baby when you first wake up, breastfeed when you are ready to leave the house, or breastfeed at the babysitter's home before leaving your baby.

Breastfeed at lunch time.

Is your babysitter's home close to your workplace? Visit your baby and breastfeed at lunch time if you can.

Breastfeed after work.

Take time to breastfeed your baby at the end of your work day.